



## Balanced Plate Blueprint

Use this simple framework to build meals that balance energy, support digestion, and keep you satisfied. The ratios are designed for the average adult but can be adjusted for your personal goals.

| Food Group                 | Plate Ratio        | Examples                                                  |
|----------------------------|--------------------|-----------------------------------------------------------|
| Vegetables & Fuits         | 50%                | Leafy greens, peppers, broccoli, carrots, berries, apples |
| Lean Protien               | 25%                | Chicken, turkey, fish, eggs, tofu, beans                  |
| Whole Grans or Starchy Veg | 25%                | Brown rice, quinoa, oats, sweet potatoes                  |
| Healthy Fats               | add small portions | Avocado, olive oil, nuts, seeds                           |